



Appetite for success
Student restaurant
Gleem prepares to
open its doors
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SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



**Rebekah
'The Caber'**
Installation
shown on top of
Richman City Hall
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MONDAY, OCTOBER 7, 2013

CONESTOGA COLLEGE, NITCHEL, ONT

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A cycle of sharing

BY TONY MULLIGAN

Two years ago, the men and women of The Working Centre had an idea. They wanted to create a transportation program that was not only affordable and reliable, but also easy to use and understand. "The result was the Community Access Bikeshare (CAB), a community-driven program that features quick and simple access to sturdy bicycles in the downtown core area.

"I think there's a lot of interest in this idea of sustainable transportation," said Adam Underhill, one of the core members of the CAB program. "The goal is really just to give people access to a bicycle."

When it was launched as a pilot program in 2011, the program had a small yet dedicated 54 member group, whose members use of the 100 CAB bicycles is tracked by the program, helped get it mainstream adoption.

"There's been a lot of support coming out of the pilot project as well as positive feedback from our members regarding things they'd like to see," Underhill said. "We took their feedback and really translated it into the launch that happened this year, which is a slightly bigger project of up to 100 to 150 bikes, and will help to increase the capacity of the 10 to 12 already existing stations for next year's launch in April."

The process of becoming a part of the CAB program is simple and straightforward, with no credit card necessary. You can purchase a new bicycle online or in person



Adam Underhill stands with one of the many bicycles owned by the Community Access Bikeshare Program. He is one of the founding members of the project, which started in 2011.

for \$40. The membership fees from the beginning of April to the end of November and includes a parking with the coordinates of CAB, in which the new member is provided with a set of rules and benefits that come with being a full member of the program.

After this season, the new member will receive a portion of membership card, which is used for getting a key to be located near the various CAB locations. The key that

is taken will be the one that is used for the corresponding bike, as well as the bike that comes with the bike itself.

While CAB is starting to become more recognized as a reliable and popular program throughout the community at large, Underhill and his and his co-workers plan to take expansion and development at a moderate pace.

"We want to grow the system slowly, but to build back from members and really

build it incrementally in a way that will set it up for many more years to come."

While he said that the group is mostly focused on developing stations around the downtown Kitchener area, he hopes to expand the reach of the stations throughout K-W in time. He said they are trying to take the various bike-sharing programs offered in larger cities such as Toronto and Montreal and adapt them to a small town setting, especially

one that has such a large student population.

Underhill is also interested in helping student groups from local companies start up community bike-sharing projects of their own, as a part of CAB or as an independent group.

You can contact CAB at 519-344-1101, ext. 172, or by email at info@communitybikeshare.com. You can also visit them at 54 Queen St. E., Kitchener, Monday to Thursday, between 9 a.m. and 5 p.m.

Students wonder where their money goes

BY TONY MULLIGAN

Students asked at Conestoga College for different reasons had the same goal in mind: to get a better understanding of the money that goes into the college. However, the questions they asked were not the same. "Where does all the money go?"

Students attended campus are making the same thing, with very few knowing exactly what their tuition and other fees are used for.

According to the 2013-2014 program fees chart, students are paying an additional

\$1,155 over and above their tuition. These fees get broken down into several categories. Students can only opt-out of one: fuel. Being the CCB, students who are already covered by another plan can get a rebate of \$285. However, other two options of fuel include a technology enhancement fee that costs students \$144 per year, a recreation/athletics fee of \$130 per year and three optional CCB fees which altogether cost \$285 annually. These fees are a CCB capital

development fee, a CCB association fee and a CCB USA fee.

The fees are in place with a view to a means to better the campus or make it more accessible to students, which means having the fees open to students without a need for more knowledge and also having open access computer labs. However, some fees are considered by students both surprising and unnecessary.

"I thought the gas was great," said Thomas January, a second-year Kitchener student. "I didn't know I was paying

\$130 on top of going to my own gym."

Yet others had no problem with the fees, claiming that they are less than what they would pay at similar facilities. "I can't afford a gym membership," and Jennifer Van Houten in Kitchener, a first-year broadcast TV student, "I was not knowing I could come here."

The general consensus, however, is that there should be more opt-out options available for those who think that they will never use certain facilities.

"There are people here [at the college] on their jobs or off and the gym isn't on their minds," and Sebastian Kowalski, also a first-year broadcast TV student, "It's about getting a better job or finding other careers."

Another common viewpoint among students is the "it is how the system works, therefore we have to accept it."

But, the question that remains is whether or not Conestoga College should charge students for services they do not use.

Now deep thoughts ... with Conestoga College

Random questions answered by random students

**What TV shows
are you excited about this year?**



"Orange Is the New Black."

Caitlin Cassano,
first year
early childhood education



"Gay's Anatomy."

Stephanie Michaels,
third year
business administration



"The Blacklist."

Michael Wolf,
third year
business

**"Tangerine Dreams,
The Beatles and
Sesame Street."**

Kathleen Terhrell,
first year
business



"Avatar: Legend of Aang."

Brian O'Brien,
first year
business computing



**"Naruto and Naruto
Shippuden."**

Colleen Flynn,
first year
software engineering



The fall season is in Bloom at Conestoga

BY MIKE LORENZO

Conestoga has a new look, including Conestoga.

Not too long ago, the culinary program at the college was one of those secrets. It was known to only 20 students, but now it is quickly becoming one of the fastest growing trade programs offered at Conestoga College. Philippe Barbeau, co-owner of the school, is proud of how far the school has grown since he last visited over.

"We come highly every year to multiple national competitions and we're starting to get more and more people who are taking the steps from Conestoga to success."

With a 40-year reputation for top young services, Bloom, Conestoga College's student-run restaurant, gives off a high class feel with its quality food. It manages to create an evening dining scene that doesn't have any students because it is located right in the middle of the Waterloo campus.

First-year students in the hospitality programs provide the product and service at Bloom, which gives them real world experience while still in a classroom setting.

"What makes us different from other colleges is that we have a real restaurant, with real people paying with real money to get a product that they paid for. We don't do that, we do it all," Barbeau said.

Bloom opens for business this school year for the first time in Oct. 5. First-year culinary student Niall Nasser has had experience working the restaurant, but said Bloom is entirely different. "It's very exciting, it will be a great experience. I'm looking forward to seeing how it all turns out."

Bloom's menu has a French influence and was created by head chef and teacher Paul Torrance. The menu was designed to show first-year students the wide variety of staff and techniques that goes into creating a dish. A first majority of first-year culinary students that semester have very little experience in a five kitchen which Torrance believes is most of an asset that a head chef.

"It's a great way to work with a chef, show they're willing to learn, students who have worked in a kitchen sometimes bring in bad habits and struggle when learning techniques properly," he said.

When asked about what students struggle with the most



PHOTO BY MIKE LORENZO

Thanks to his wife's encouragement, Jeremy Blaisard worked away from the kitchen plant where he worked for the past 10 years and followed his passion for cooking.

when entering a kitchen for the first time, Torrance said that new work is the most common of the kitchen usually brings out the most frustration. "The first time, working with the first food can have either quickly, especially if you have multiple people on the go," he said.

Blaisard works the restaurant operations restaurant at Conestoga and said working similar, came up with the tag line for Bloom, which is "education, art, experience" something that Torrance said came up Bloom perfectly.

"I'd come, already we want to have perfect service every time we go live," Blaisard said. "However, I love making mistakes help the students learn. We can go back after and see what went wrong and push through it, to help fix the problem, not time."

The group for a three-course meal at Bloom, which is one of the most standard and quality that would run close to 200 a plate at a Chateau group restaurant, is 214 a plate, with wine and alcohol options.

Torrance said the reason the price is so low is the college gets a main source of income from tuition and student fees. The money made by the restaurant would pay off the lower operating costs.

Blaisard said he said, "Marketing is a huge one. We're trying to get the word out there, but the school sees the people who come in here to eat as secondary customers."



PHOTO BY MIKE LORENZO

Blaisard prepares a healthy dish.

one, our menu really comes from the students."

The menu items are available for both lunch and dinner. Lunch service begins at 11:45 a.m. from Tuesday through Friday, with dinner service starting at 5:45 p.m. on Tuesdays and Thursdays only.

Over the kitchen group live for the first time, service and anticipation will finally make sense, something that first-year student Niall Nasser is looking forward to.

"I'm definitely nervous," he said, but added the more this is in the kitchen preparing the more her nervousness subsides.

Bloom is open for next week during the first semester with a new set menu each of those weeks. For more information, visit www.bloom.conestoga.ca.

From foe to friend: BBM on iOS

BY ADAM KRAMER

Nothing was lost (except) in some parts over the night's midnight app press must fall. In the tech world, it is no different. Early on in the summer, BlackBerry announced that it would be releasing its formerly exclusive instant messaging applications, BlackBerry Messenger (BBM), to iOS in April and iPhone in the coming months.

On Sept. 18 BlackBerry made its official announcement that their entire BBM app would roll out on Android, Google Play and iTunes App Store on Sept. 27 and Sept. 28 respectively. However, an unofficial leak of the BBM app in the Play Store put the app in third, and now the release has been pushed back to an unknown date.

All realistic aside, the release is a highly anticipated one. In spite of the Android app being an unofficial leak, it received almost 2.1 million downloads in just eight hours on Google Play before being deleted.

The question is why has the once popular smartphone company finally decided to roll its most elite product to the consumer that are their most competitors? The answer lies down to exactly what you would expect, money.

The reason BlackBerry does not carry on much innovation and growth as it once did, despite being the original creator of the smartphone, BlackBerry stuck with simplicity in their phone's operating system for its long life and this led to the revenue source once declined and Apple decided to take over the game in the past five years.

BlackBerry attempted to regain the taste of Android and iPhone with the release of the BlackBerry Z10, but it was a complete failure.

Three weeks prior reflects this extremely riding in the 10 range, a far cry from the 140 rank prior in 2009.

Now all hope may rest on the BBM app. The leak is a tough one, but the 1.1 million downloads of the unofficial app provides some hope for the Z10 to drive. BlackBerry recently received a \$4.5 billion offer from Canada's Pacific Financial Holdings Ltd., which already owns 10 per cent of the company, to acquire full control and go back to being a private company, ensuring itself from the pressures of the stock market.

The proposed offer gives shareholders the peace of mind of knowing they can sell now and avoid further loss as well as giving the company the happiness of knowing it will stay BlackBerry, at least in the near future.

The comic below represents the position of the company per, not necessarily the author.



Seems all you see is sex on TV And it's invading bookstores and theatres too

Generation Y is far more

concerned for its own good.

The way sex is being

portrayed in the media is

having a direct effect on

the millennial generation.

Television shows such as 16

and Pregnant and Teen Mom,

have turned the violent acts

of teen pregnancy into a way

to gain fame.

8 & M, sexual role-playing,

and other events, sexual

acts have become mainstay

of pop culture through

music, film and comic books.

Such as 50 Shades of Grey

Things that used to be con-

sidered downright indecen-

trous are now considered

the norm.

The 1953 movie release of From

Here is Eternity includes a

scene where David

Lanaster and Deborah Kerr

have sex in the snow,

resulting only in a faint

impression on the snow.

What is now considered

one of the most romantic

scenes in history was a major

cause for controversy in

1953, when it was banned

in some theatres.

In contrast to now in this

day, the public knows

nothing about 50 Shades

of Grey. It is a book that

is a bestseller and has

been adapted into a

movie. It is a book that

is a bestseller and has

been adapted into a

movie. It is a book that

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been adapted into a

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is a bestseller and has

been adapted into a



Taylor Loney
Opinion



journal survey showed that

20 per cent of the American

teens and young adults asked

admitted to having sex or

posted nude pictures or vid-

eos of themselves. This has

really become a trend that

has spread across the

world. This past year the media

has been covering the deaths

of several Canadian teens

who committed suicide due to

these types of situations.

Though the media is on

top of TV, it is also on

the internet. The millennial

generation might be hav-

ing sex at a young age, and

with multiple partners, but

the teen pregnancy rate has

actually fallen and, accord-

ing to Statistics Canada, 80

per cent of 18- to 19-year-olds

reported using condoms.

From Madonna's music

to the performance of Ade

Adkins, which ended with her

showing the steps on a wedding

dress, to the top of social media

where celebrities constantly

post full-body photographs

in Twitter, our generation has

become desensitized to sex. It's

clear that the sexual climate has

shifted in this, but is this price

we willing to pay? I think the

answer to that question is in the

response of the new generation

Letters are welcome

Spoke welcomes letters to the
editor. Letters should be
signed and include the
name and telephone
number of the writer.
Letters will be consid-
ered for publication.

The unopinionated will be
published.
Letters should be no longer

than 300 words.

Spoke reserves the right to edit
any letter.

For publication
Email letters to

www.spokenews.com
with the subject line

"Letter to the Editor" or bring
them to Room 1C30

at the Union campus



SPOKE

IS PUBLISHED AND PRODUCED WEEKLY BY THE JOURNALISM STUDENTS OF COMESTOGA COLLEGE

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Cold, broke and nowhere to go

Demand for shelter services increasing at an alarming rate in the area

BY LAUREL BOWEN

That is the fact in a three-part series on the cost of living in Waterloo Region.

Each year Canada spends \$7 billion on homelessness — a figure that shows many low-income families in the thousands of homeless who have fallen between the cracks. The disparity between the upper class and lower class opens a Pandora's box of social inequality, but fail to identify the increasing gap between the two income and education gaps. A significant number of people are in a constant state of survival — unsure of where they will find their next meal, have a safe place to receive appropriate care.

The \$7 billion that is spent on emergency shelters, social services, health care and interventions is not enough. Almost 1,000 people are classified as unsheltered — meaning they sleep in cars, parks or on the street. Almost 10,000 homeless people stay in emergency shelters each night and 7,000 stay in violence against women's shelters. Another 4,000 homeless people are potentially involved in the homeless, prison or justice system.

A report released in Waterloo Region Council on Sept. 6 indicates that Ontario's most recent minimum wage and rising housing costs in the region are increasing the likelihood of homelessness and raising the standard of living to decline. The number



Room to grow logo. Increase the report as the first of its kind, a release on certain assumptions — including an estimate that almost 10,000 Ontarians lose shelter each year. Less prevalent outcomes, such as hidden homelessness, are difficult to accurately isolate in these figures.

The Homeless Hub estimates that nearly 30,000 Canadians are among the hidden homeless. Hidden homelessness is the result of very long-term homelessness, such as in a hotel, would fall into the category. The needs of the hidden homeless are less prevalent because they often avoid social assistance — another barrier to obtaining necessary care.

Kenneth Plunk, executive manager of Housing Our Community (HOCH), has seen a rapid increase in demand for their resources. HOCH is a Kitchener-based program for the youth between 16 and 18, providing outreach, drop-in, mental services and shelter to those experiencing or at risk of homelessness. The

figure looking for affordable housing on the rental market."

Vacancy rates measure the health of the rental housing market — which is significant because renting provides a less expensive housing option for people who cannot afford their own homes. The most current vacancy rate is 0.4 per cent, but a rate of 0.5 per cent is required to ensure the market is competitive, something that hasn't been up in years in years.

Melissa Small is a community support worker for the House of Friendship, where she illustrates the impact of nearly 1,000 people from the Region of Waterloo who have been witnesses to co-occurring housing for low-income persons with a short supply and high demand for their accommodations.

"If we don't start building more affordable housing for people, things are going to get worse in the community over all," Small said.

Getting into supportive housing at the same time about seven years, and Small understands how easy it is to be overwhelmed while not being able to get any more space, which is why some people have hidden homelessness, becoming nearly impossible to contact when space runs out.

"The thing is it kind of goes back to money. The money isn't there to do anything more than what we're doing now," Small said. She recently said support and are probably getting a lot more to the long run," Small said, adding the current solution is a bridge approach to this multi-faceted problem.

The current housing crisis in the area and a general economic drop of \$100 in the population of homelessness in Waterloo Region. Behavioral attributes — such as domestic violence, mental health or substance — often coincide with complex housing, increasing the risk. Without proper support for these complex individuals, homelessness is the most stable of homelessness.

The causes can be further broken down into structural and systemic factors, with the lack of co-ordination between government bodies as a major attribute. Housing officials and emergency services combined with legislative economic shifts are some of the structural factors at play.

The systemic factors are the result of uncoordinated services through government support programs — such as child welfare, employment, health, housing, lack of shelter, for mental health care, substance



Photo by Lauren Bowen.

Reading the Waterloo Region's various homeless people from the front of a homeless man's room at HOCH on Sept. 27.

tion, substance or integrated management in employment services. It is often a complex of both individual, structural and systemic factors that work against the individuals, causing homelessness.

However, it is not a shortage of resources, the Region of Waterloo has ample income services — such as the House of Friendship, the food bank and the working center — and has been a national award for the Support to First Provincial Homelessness program. But the problem lies in structural and systemic issues that are deeply rooted and require a more collaborative effort from politicians. There is a lack of forward thinking from the government, where the range in perspectives on the issue allows a great deal of support, but little action. The response to homelessness should be proactive and permanent, rather than reactive.

Mirry Green, a Waterloo Region Boarder and landlord, takes a different approach to the housing crisis. "In all cases down to simply and demand, I'm a big supporter of co-housing," Small said. "If they would just give a little bit on the vacancy rate reduction, there would be no more homeless people who can afford to live here and there judge their own accordingly."

Any region can have all of the resources possible, but without a co-ordinated system, many people will lose out of the most basic human rights — shelter. The current and constant approach lacks that and even many people falling through the cracks.

"We need to focus on building affordable housing — and then second that we need to increase mental health services because that has so many ripple effects of people falling into homelessness, losing their home and then they enter things to ensure that for people. Food and shelter are basic rights and there's a number of people in Waterloo Region who go to bed hungry or go to bed without a solid roof over their head — and that is unacceptable," Small said.

To eradicate homelessness, the problem needs to be addressed with permanent solutions in mind, rather than the reactive cycle of uncoordinated public systems. The Homeless Hub suggests that managing public resources effectively would make the best of homelessness, despite — such as affordable housing, sufficient wages and improving awareness of support programs. If all levels of government combine their efforts and implement clear plans to end homelessness, the standard of living will improve dramatically.

If we don't start building more affordable housing for people, things are going to get worse — 97

— Melissa Small, community support worker

of overnight stays in emergency shelters in Waterloo Region has increased by 40 per cent — from 65,477 in 2005 to 90,997 in 2011.

Another shocking revelation from the regional report is the 500 per cent increase in children from sheltered using shelter services in 2006. 180 children used these resources, and in 2011 there were 400. The number of women at emergency shelters — who often use these resources out of concern for violence — has increased by 33 per cent, jumping from 399 in 2005 to 760 in 2011.

There are more than 50,000 homeless in Canada each night according to the report. The State of Homelessness in Canada, 2011, the first, extensive Canadian report out on the same by Homeless

shelter accommodations 15 at capacity, where the average occupancy was seven to eight people per night a few years ago, and has since reached peaks of 13 to 14 occupants each night. While some people only use these facilities one night, the average shelter stay is about 84 days.

"Homelessness is the responsibility to do with the financial downturn that happened a few years ago — usually it takes a few years for us to see the actual impact of a financial crisis on the emergency shelter sector," Flood said.

"The region has a vacancy rate that is very low and there's a lot of the new housing that's being built is in the high and price range — (and) are very residential — a different area," he said. "It's been pretty tough on young people and



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Women of K-W demand safer streets

BY AMBLY WHITE

"Tri-City women! Take back the night!"

That was one of a number of chants that could be heard down King Street on Sept. 28 as more than 200 people took to the streets as part of the 10th annual Take Back the Night rally and march.

Take Back the Night is an event that focuses on the rights of women and trusts people to be safe without violence, regardless of age, creed, location, culture or ethics.

The first Take Back the Night event in Kitchener-Waterloo took place in 1980 the same year that the law changed, making it illegal for spouses to commit an act of sexual assault against their wives.

While the event has shed light on the topic sexual assault is still prevalent in Canada.

According to the Sexual Assault Support Unit of Waterloo Region (SASWU), it's expected that 27 per cent of women in Canada will face sexual assault at some point in their lives. Statistics Canada noted that sexual assault is rarely under reported, with only 8 per cent of sexual assaults actually being reported to police. This is one of the facts that was addressed during the rally.

"Take Back the Night provides a space for women's voices to be heard on the issue of violence against women and provides an opportunity for women to stand together in solidarity to address ongoing violence in our community," said Dana Casselina, public relations and operations manager of SASWU.

The event began in Waterloo Park with keynote speaker, Waterloo Mayor Brenda Harrison and moved through the park led by the Tri-City Rubber Girls. The march then made its way along King Street from speakers Wessley and through downtown Kitchener, ending at the Victoria Park Pavilion.

The march drew a lot of attention, bringing people

from their homes and out of businesses. Drivers honked their vehicle horns to show their support and some spectators clapped and cheered as the group passed.

"I think it's important for my daughters to see women standing up for themselves and work others. They need to see that," said Tina Jenkins, a Kitchener resident and mother of two, who brought both of her daughters to the event. Jenkins also said that it's important for her daughters to know their rights.

Casselina said, "We often sexual assault prevention isn't focused on women, we know that men have a critical role to play in ending male violence against women."

Mike Hyde was one of the men who came out to show his support during the march. He and two friends stood along King Street with a banner that read "Ending sexual assault is men's responsibility."

"I do think there are steps made after we take our law talking to us even monitoring the boys and young men in their life to provide an alternative to that gender construction," Hyde said. "Ending sexual assault and challenging misogyny and transphobia within their communities, groups and circles of friends also very important."

Take Back the Night brings these topics to the foreground, along with making women aware of their rights and reminding them they're not alone.

"While progress has been made on some fronts both on sexual assault support services are now available to women, much remains to be done to change the societal norms at the root of violence against women," Casselina said.

And Take Back the Night along with SASWU will continue to challenge these societal norms hoping for change.

To reach the Sexual Assault Support Centre of Waterloo Region you can visit their website at www.saswu.org or their case line by calling 519-741-9655.

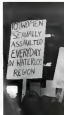


PHOTO BY AMBLY WHITE
Marchers held one of many signs created during the Take Back the Night march along the gender violence on Sept. 28.



Supporters chanted along the march path and displaying a banner during the event.

Mindfulness Group

Are you —

- Finding that stress or your mental health concerns are impacting your academics?
- Interested in learning strategies around mindfulness and meditation?
- Wanting to develop some tools to help ground yourself and increase self-regulation?

If the answers are YES, YES, YES, the Mindfulness Group will provide an opportunity for learning, practice, and supportive discussion.

This psychoeducational support group will run for 6 weeks beginning Monday, October 21 until Monday, November 26 from 1:00 – 2:00 P.M. Please register early as the group will be limited to 10-12 participants. Registration deadline is Friday, October 11.

To Register:

- Register online at psycosocialsupport@utoronto.ca
- Please provide your contact information (name, program, phone and email).
- A group facilitator will contact you the week prior to the group to confirm registration and group location.

Group Facilitators: Sherryn Bernard and Linda Joodvalia

Counseling Services



Take Back the Night marchers move down Caroline Street in Uptown Waterloo.

More students, more countries

BY GABRIEL ROSELLI-KRUMHOLTZ

Conestoga College has had a 40 per cent increase in first-year international students compared to last year's fall semester, bringing it closer to its goal of having international students make up 10 per cent of the student population.

"Last year it was eight per cent and we're just below 10 per cent now," said Alan Vaughan, vice-president of Enrollment Management and International Education.

Despite the 40 per cent increase in first-year students, there was a 10 per cent increase in international students in all years, and a 16 per cent increase in English as a second language (ESL) students.

Vaughan credits this increase partly to the development of the intercampus network, which attracts international students, not only to Canada, but to Conestoga specifically.

"It's a big world, and you can't be everywhere, so we've

concentrated on some markets that have been promising for us," Vaughan said. Traditionally, China and India are where most of the international students come from. But, the college is seeing more students from countries such as Nigeria, South Africa and Korea.

"We're developing a reputation as a really good place for international students to come to school."

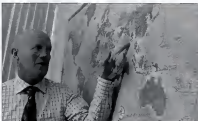
Vaughan also credits the new in international students to the services offered by the college.

"It's much more than just going out there and having good recruitment and marketing," Vaughan said.

"We see our goal as getting students off to a smooth start, but also that our office is a safe haven for them so that they always know they have someone they can come to if they're having some difficulty."

"They have a lot of challenges that Canadian students don't have."

Besides this support



REPORT BY GABRIEL ROSELLI-KRUMHOLTZ

Alan Vaughan, vice-president of Enrollment Management and International Education, points out India on a map in his office located in the Student Client Services Building on Sept. 26. The second highest number of international students at Conestoga come from India.

applies. International Student Services pairs on campus throughout the year with the goal of "internationalizing" the campus which,

according to Vaughan, means, "Creating an environment where Canadian students and international students will mix more."

"International students want to meet more Canadian friends, they say that in surveys, they say that over and over again," Vaughan said.

Power to the plants

BY GABRIEL ROSELLI-KRUMHOLTZ

About 10 years ago Roger Blacketer, a world-renowned polygraph expert and CIA intelligence specialist, revolutionized our perception on plant and human interaction. Blacketer's polygraph experiment proved that plants can "feel pain" and have extraordinary perceptions (ESP).

The experiment has been confirmed numerous times since then. In 2001 The TV show, *Mythbusters*, replicated Blacketer's plant experiment for viewers. They began by hooking up a person and plant to a polygraph machine. Then they had the person cut the plant to physical and mental pain. First the person chopped the plants leaves, then sprayed it with a fire extinguisher and finally just watched the plant catching fire. All three of these tests made the polygraph needle rise up and down, showing equivalent levels of stress.

Understanding exactly how people and plants can interact on an emotional level has left many scientists in a daze. Nagisa Perry, owner of Chiyoko Therapies in Kitchener-Waterloo, which provides everything from counselling and psychotherapy to energy healing and hypnotherapy, strongly believes there is a deep spiritual



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Tanya Millerham, a freelance office administration legal student, gives another student a hug to illustrate the connection plants feel.

relationship.

"Everyone has the potential to communicate and interact with their surroundings. Through some more than others," Perry said. "Some people can tap into their ability through their unconscious."

Perry also believes that every living thing is connected in a spiritual dimension. "It makes sense that people and plants can connect spiritually. Some humans can communicate with plants for

months and have for thousands of years. It's called, the spirit that moves in and through all things. This is not uncommon."

Perry also said that Blacketer believes in life energy that connects to all.

Jordan Bender is a third-year computer programming/website student at Conestoga College and also a practitioner Blacketer. Bender and there is no doubt in his mind that "this would justify the connection of life — not just objects."

Bender believes that a less literal form of communication can explain how people and plants connect and communicate. "We all become something else," Bender said. "And our energy becomes many forms of life and that a human would literally communicate with a plant."

"Most times people are too busy in their lives to take the time to listen, but all life speaks. Not always in ways you can hear, but you just know it there. Just three weeks ago, Millerham posted an article online about a new plant intelligence study that proved plants keep time, count and even know themselves."

So, think twice before snapping a branch from a tree or ripping the seedlings from your front.

HARVEST TIME IN WATERLOO REGION



REPORT BY GABRIEL ROSELLI-KRUMHOLTZ

You can still purchase locally grown produce and food. Alison, the Generalist of Taste Thru's Farm to Fork Food Producer, packs a bag of vegetables at St. Joseph's Market (Sept. 26).

Attend Groups Day at college

BY COLA FRIDAY

It has been proven that when students get involved with clubs they succeed more in their classes than their colleagues who don't get involved.

Conestoga College has a wide range of groups that anyone can join as well as shown on Sept. 25 during Groups Day held in the Banquetary.

The Gamers Club meets every day in the Den at 4 p.m. Everyone is welcome to participate. Even if you are not into video board games and video games are all available to play.

Conestoga College also has a Unipole Club.

"This unipole club is where we teach people how to use

yo-yo, juggle and even solve a Rubik's Cube," said Matt Gilbert, leader of the group.

There has not been a date set for the first meeting of the club but more information will be released soon.

Online Gaming Anonymous is a new group created this year to help with video game addiction. "We help people who have issues controlling how much they play video games," said Benjamin Delmore, a 3rd-year electronics technology engineering student.

"We discuss how to make sure your time playing, what works and also make steps to overcome gaming addiction."

Online Gaming Anonymous was the same measures that would be used in an actual

Alcoholics Anonymous evenement. The group meets every Wednesday at 8 p.m.

“If you have an opportunity while at Conestoga College to develop the leader that we believe is in each of you, ??

— John Tibbitts

Conestoga College is multicultural and at the core of the groups such as the Latin American Students club where members learn some Spanish and how to dance. There is also a group

on Facebook called Conestoga Latin American Students. On the website students can see all the information and future meeting dates.

Conestoga Fraternity is an alumni group which also has a cultural aspect.

"We write, discuss, debate and make friends," said Hilary Blackburn, president of the group. "We also hold a manga day and also go into Japanese culture and talk about some cultural experiences."

Conestoga Fraternity meets every Wednesday at 5 p.m. in Room 2014 and is open to everyone.

The Music Club is for anyone who wants to play and even learn an instrument.

The club plays every day at 5 p.m. in the Banquetary and

everyone is welcome to meet and share their skills level.

Conestoga College President John Tibbitts said on the Conestoga College's website,

"You have an opportunity while at Conestoga College to develop the leader that we believe is in each of you."

If you are still searching for your leadership qualities, the Young People Revolution Group is for you. Focusing on team leadership and skills, this group helps people reach their dreams through entrepreneurship.

"We are trying to get people more involved on campus," said Alyssa Allen, one of the group leaders. "We meet on Tuesdays and Fridays in Room 2012B at 4 p.m."

Kitchener has a flashy cube

BY BRUCE HENRY

As dusk settles across Kitchener, a *flashcube* of lights shines from the top of Kitchener city hall. High in the sky, many an individual *flashcube* across city hall's front, rear, and square, they call it, The Cube.

The Cube also says the truth, and has become a landmark. The outside Kitchener tea plant says walls during the day, but at night, these walls grab people's attention. The two-sided outdoor surface lights up every evening with a show of videos, photos and advertising from powerful partners.

The Cube's appearance was chosen by Creative Digital Systems Canada Inc. and installed by Shredco Systems. When Creative Digital found out about Kitchener's plans, they quickly jumped on board to support the digital media field.

"Creative Digital employs 700 people here in Kitchener," said Matt Rogers, the senior vice president of Economic Development for the City of Kitchener. The Cube has brought jobs and excitement to downtown.

The Cube was first discussed five years ago. There was a lack of advertising for digital media in the Kitchener area on city hall and beyond to downtown. Kitchener decided to approach the square on and only outdoor digital art gallery. The Cube both promotes the digital media arts and draws attention to the new developments happening downtown in a creative and unique way.

It has also hosted its first art gallery exhibit that past summer. Called the Sky Gallery, it featured local artists, photographers and digital media artists in an official gallery.



PHOTO BY BRUCE HENRY

Kitchener resident Amanda Dyer poses in front of Kitchener city hall while pointing to The Cube on Sept. 26.

"I had no idea it was there," said Dyer's friend, a Kitchener resident, when The Cube was pointed out to her.

The Cube shows every night at dusk except for nights including city-sponsored events.

Local artists and other creative individuals can submit photos or videos to be shown by The Cube for considering. Kitchener city hall's downtown marketing and program coordinator, at 519-342-2200, can help.

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PHOTO BY JESSY KREYER

A bee hovers from flower to flower collecting pollen as winter quickly approaches. However, this week's temperatures will remain above average.

CAREER AND EMPLOYMENT RESOURCES

Carleton University at Deon

Tuesday, October 8, 10am - 2pm, Green Campus Annex
Representatives from Carleton University in Ottawa will be on hand to answer your questions about programs and applying.
No registration is required.

CareerFit: A Journey of Self-Discovery

- What do you really want to do?
- Is your career goal and program a good fit for you?
- Does your program fit your career goals?

"You go through a successful and satisfying career begins with understanding yourself."

These workshops integrate interactive exercises, hands-on activities, and you learn the things behind investing and of the most widely used career assessments for FREE.

Part 1: Tuesday, October 22, 9 - 1pm, Don Campus

Part 2: Tuesday, October 23, 9 - 1pm, Deon Campus

Please Note: This workshop is geared to full-time students.
This workshop is not about finding jobs.

Registration is required via MyCareer

Spots are limited, so sign up early!
(From the Student Portal, click on the Services tab, then MyCareer)

Study in Australia

October 23, 10am - 1pm, Deon Campus, Annex

Bring by the table in the Annex to speak with representatives from BGC Consulting about your study options in Australia.

No registration is required.

Degree Planning Workshop

Do you have a career goal that includes going to university after college? Be sure to attend this workshop to learn about:

- The formal agreements that Carleton has with universities in Canada, the United States & abroad
- Application process
- Transcripts
- Deadlines, and fees

Registration is required via MyCareer

See MyCareer for workshop dates and times.

PATIENCE IS ALWAYS A VIRTUE



PHOTO BY JESSY KREYER

A praying mantis remains still as it prepares to strike at the next prey that wanders too close to it. A predator with amazing patience, it is no surprise they are very hard to spot.

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www.cbcof.org

